

# Discover Dubai from a distance: family-friendly fun

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With distance and home-based learning, as well as virtual interaction becoming the new norm in this period of COVID-19, you can still experience Dubai as one of the world's best family destinations through a range of online activities that families can do together from the comfort of their homes that will also keep everyone happy and entertained.

## 'LIVE FROM DUBAI'

Enjoy the best of Dubai's local talent across fitness, culinary, dance, theatre, arts, comedy and more, thanks to a curated 'Live from Dubai' event series brought right into your living rooms by Dubai Calendar, the city's go-to entertainment and events guide. Streamed each week from Wednesday to Saturday via the Dubai Calendar Instagram Page, the Live from Dubai series offers an innovative family-friendly programme of entertainment, activities and engaging sessions hosted by some of the biggest and brightest stars in the UAE.

## THRILL RIDES

Who said that you can't experience the thrill of a rollercoaster simply by staying at home? Check out the list of thrills below and immerse yourself in popular rides from the comfort of your own home!

### [Mad Pursuit at Motiongate, Dubai](#)

Madagascar Mad Pursuit unleashes your wild side, sending you on an electrifying adventure through the circus! This madly fast rollercoaster will definitely make you move it, move it!

### [The Bullet Train at Motiongate, Dubai](#)

The twists and turns in this fast paced ride leave you with an adrenaline rush that you won't be forgetting anytime soon! Experience the journey from District 12 to The Capitol with a multi-angle video that leaves you on the edge of your seat!

### [Dragon Gliders at Motiongate, Dubai](#)

Toothless and Hiccup are promising the adventure of a lifetime with an invitation through the mysterious Forbidden Island, captivating caves and the incredible Great Hall! This suspended rollercoaster ride promises soaring sensations like no other!

### [The Velociraptor at IMG Worlds of Adventure, Dubai](#)

Jump into the prehistoric era with this thrilling ride that is definitely not for the faint-hearted! Experience a

world that existed millions of years ago and hold on tight as the dinosaurs come to life!

### [Spiderman Doc Ock's Revenge at IMG Worlds of Adventure, Dubai](#)

"With great power comes great responsibility", so spin around with Marvel's web-slinging Spiderman and Doctor Octopus as they fight, and stop the mad scientist from stealing the energy supply! The revolving ride creates a gripping, whirlwind sensation that you will not want to miss!

### [The Dragon Roller Coaster at LEGOLAND®, Dubai](#)

Hop onto this medieval LEGO ride that takes you through the colourful LEGOLAND® Castle, full of enchanting animation and vibrant scenes made entirely of LEGO bricks, that leads to an outdoor track full of fun-filled twists and turns. This roller coaster was the first ride to be installed at LEGOLAND®, Dubai, one of the theme parks at Dubai Parks and Resorts.

## **ARTS & CRAFTS**

Whilst encouraging them to learn about Dubai's architectural wonders, get your kids to make good use of their artistic skills to highlight these landmarks through easy-to-follow videos and art lessons.

### **'How to draw' videos**

#### [Dubai City Skyline](#)

The Dubai skyline has an array of architectural marvels and distinctive silhouettes that never fail to amaze. Keep a part of Dubai with you in this simple and charming tutorial that teaches you to draw the scenic Dubai skyline!

#### [Dubai Frame](#)

Everybody knows the Dubai Frame – it is an iconic structure that frames striking and profound views of Old and New Dubai, and it also serves as an impressive, metaphorical bridge that connects the emirate's rich past with its luxurious future. This easy-to-follow video of the Dubai Frame will leave your kids delighted!

#### [Burj Khalifa](#)

Burj Khalifa – a majestic structure that draws everyone's eyes to it! Apart from boasting many world records, the unique design of Burj Khalifa ensures that it stands out in the Dubai skyline. But don't be intimidated about drawing the Burj Khalifa, because this video makes drawing this glorious building a piece of cake!

#### [Burj Al Arab Hotel](#)

This seven star hotel is known for being one of the most luxurious in the world, and its curved structure reminds you of the sail of an Arabian dhow ship. Its opulence and the exquisite architecture are famous worldwide and you can be certain that children will love to try to copy the beauty of this landmark hotel!

#### [Palm Jumeirah, Dubai](#)

Kids will love to be able to draw this artificial archipelago, resembling a palm tree within a circle, consisting of a trunk and 17 fronds. As they get down to showcasing their talent, they can also learn about the tree-shaped island known for chic apartment towers, sublime restaurants and ornate hotels, such as Atlantis, The Palm.

## **FITNESS AND CREATIVE ARTS PROGRAMMES**

Even though the routine of daily running, jogging or even walking is interrupted, or one cannot attend creativity classes outdoors, there is actually no barrier to keep doing these activities while staying indoors, thanks to these professional free online classes.

### **Dubai Performing Arts**

Dubai Performing Arts academy is offering free online classes for kids. The range of free classes span a number of disciplines including contemporary and street dance, fitness bootcamps, stretching and conditioning and musical theatre. The free sessions are aimed at kids between four and 18. Any performer can join the 45-minute long classes that will be hosted by the DPA teachers on Zoom. To register, write to [info@DubaiPerformingArts.com](mailto:info@DubaiPerformingArts.com)

**PE with Joe** – Best-selling author and Instagram fitness star Joe Wicks is hosting a series of free workouts for kids on his Youtube channel ["The Body Coach TV"](#). No equipment is necessary, and adults are also welcome to join in. Joe Wicks, well known as 'The Body Coach', hosted the region's largest ever High-Intensity Interval Training (HIIT) session during Dubai Fitness Challenge in 2019 called "HIIT 30×30 with Joe Wicks."

### ['Find Your 30'](#)

Find Your 30 is a curation of videos, articles and podcasts that are related to fitness, wellness, nutrition and

so much more. Developed as part of the annual Dubai Fitness Challenge, the 'Find Your 30' content hub is a must-visit virtual destination for families and kids, who can look forward to keeping fit even at home.

